

Spiritual Guidance

Thank you for taking this time for yourself and the integration/process of learning the pure essence of who you are. I am your guide and happy to assist you into this amazing journey of discovering the true essence of who you are. Please read through this to prepare for your first session.

When we descended from Source, pure love, or singularity down to this 3D reality of density, we began to experience everything in this reality as separate because this is how we experience matter. As the slowest frequency we perceive with our senses, everything from objects, to people, to places appear to be separate and local in space and time (or occupying space *at* a particular time). Thus, to experience this reality through our senses is to say “I am here and you are there—and in between us is an ocean of space.” Because the material world is experienced *through* our senses, it is the nature of our senses to fool us into this illusion of separation. When this happens, it becomes very easy to forget our origins or connection to Source, Oneness, wholeness, or pure love.

As human beings, emotions are one of the most powerful tools and resources of creation that we possess. This means that, as the creator of our own emotions—because we are endowed with free will—at every moment we have the opportunity to choose how we think, feel, act, and react to the people, circumstances, and situations in our lives.

Since I began teaching this work, one of the core practices of my teachings has been to guide and enable people to self-regulate so that they can change their emotional states at will; that is, to practice being less of a victim *to* life and more of a creator *in* life. Why? When we become conscious of our choices, naturally we begin to gravitate towards making more loving ones, rather than choices that limit our ability to love.

Of course, easier said than done. This is, after all, why it’s called a practice, and central to mastering this practice is heart and brain coherence.

“I am the center of Expression of the Primal Will to good, which eternally creates and sustains the universe.” Modern Mystery School

Come explore the many avenues of discovering more about : “WHO AM I” and “What is my Purpose?” Understanding and knowledge of the spiritual realm is your key to greater abundance and discovery of the limitless splendor of the eternal light!

Learn how to integrate your new perspectives into a new life filled with LOVE & JOY!